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# SP655-C-Food Groups in Focus - Grain Group

The University of Tennessee Agricultural Extension Service

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# Food Groups in Focus



## Grain Group

Make half your grains whole

Age	Recommended Daily Amount* (ounce equivalents)	
	Total for Grain Group	Whole grains
2 to 3 years	3	1 ½
4 to 8 years	4 to 5	2 to 2 ½
9 to 13 years	Female: 5	Female: 3
	Male: 6	Male: 3
14 to 18 years	Female: 6	Female: 3
	Male: 7	Male: 3 ½
19 to 30 years	Female: 6	Female: 3
	Male: 8	Male: 4
31 to 50 years	Female: 6	Female: 3
	Male: 7	Male: 3 ½
51+ years	Female: 5	Female: 3
	Male: 6	Male: 3

\*These amounts are for those who get less than 30 minutes per day of moderate physical activity beyond normal daily activities.

# What counts as an ounce equivalent of grains?

*In general, 1 slice of bread, 1 cup of ready-to-eat cereal, or ½ cup of cooked rice, cooked pasta or cooked cereal can be considered 1 ounce equivalent (oz. eq.) from the grains group.*

Food	What counts as an ounce equivalent?	Common portions and ounce equivalents
Bagels	<ul style="list-style-type: none"> <li>• 1 mini-bagel</li> </ul>	<ul style="list-style-type: none"> <li>• 1 large bagel = 4 ounce equivalents</li> </ul>
Biscuits (baking powder, buttermilk)	<ul style="list-style-type: none"> <li>• 1 small (2-inch diameter) biscuit</li> </ul>	<ul style="list-style-type: none"> <li>• 1 large (3-inch diameter) biscuit = 2 ounce equivalents</li> </ul>
Breads	<ul style="list-style-type: none"> <li>• 1 regular slice bread</li> <li>• 1 small slice French bread</li> <li>• 4 snack-size slices rye bread</li> </ul>	<ul style="list-style-type: none"> <li>• 2 regular slices = 2-ounce equivalents</li> </ul>
Bulgur (cracked wheat)	<ul style="list-style-type: none"> <li>• ½ cup cooked bulgur wheat</li> </ul>	
Cornbread	<ul style="list-style-type: none"> <li>• 1 small (2½ x 1¼ x 1¼ inch) piece cornbread</li> </ul>	<ul style="list-style-type: none"> <li>• 1 medium (2½ x 2½ x ¼ inch) piece cornbread = 2 ounce equivalents</li> </ul>
Crackers	<ul style="list-style-type: none"> <li>• 5 whole wheat crackers</li> <li>• 2 rye crispbreads</li> <li>• 7 square or round crackers</li> </ul>	
English muffins	<ul style="list-style-type: none"> <li>• ½ muffin</li> </ul>	<ul style="list-style-type: none"> <li>• 1 muffin = 2 ounce equivalents</li> </ul>
Muffins	<ul style="list-style-type: none"> <li>• 1 small (2½-inch diameter) muffin</li> </ul>	<ul style="list-style-type: none"> <li>• 1 large (3½-inch diameter) muffin = 3 ounce equivalents</li> </ul>
Oatmeal	<ul style="list-style-type: none"> <li>• ½ cup cooked oats</li> <li>• 1 packet instant oatmeal</li> <li>• 1 ounce dry regular or quick oats</li> </ul>	
Pancakes	<ul style="list-style-type: none"> <li>• 1 (4½-inch) pancake</li> <li>• 2 small (3-inch) pancakes</li> </ul>	<ul style="list-style-type: none"> <li>• 3 (4½ inch) pancakes = 3 ounce equivalents</li> </ul>
Popcorn	<ul style="list-style-type: none"> <li>• 3 cups popped popcorn</li> </ul>	<ul style="list-style-type: none"> <li>• 1 bag microwave popcorn, popped = 4 ounce equivalents</li> </ul>
Ready-to-eat breakfast cereal	<ul style="list-style-type: none"> <li>• 1 cup flakes or rounds</li> <li>• 1¼ cup puffed cereal</li> </ul>	
Rice	<ul style="list-style-type: none"> <li>• ½ cup cooked rice</li> <li>• 1 ounce dry rice</li> </ul>	<ul style="list-style-type: none"> <li>• 1 cup cooked rice = 2 ounce equivalents</li> </ul>
Pasta (spaghetti, macaroni, noodles)	<ul style="list-style-type: none"> <li>• 1 ounce dry pasta</li> <li>• ½ cup cooked pasta</li> </ul>	<ul style="list-style-type: none"> <li>• 1 cup cooked pasta = 2 ounce equivalents</li> </ul>
Tortillas	<ul style="list-style-type: none"> <li>• 1 small (6-inch) flour tortilla</li> <li>• 1 (6-inch) corn tortilla</li> </ul>	<ul style="list-style-type: none"> <li>• 1 large (12-inch) tortilla = 4 ounce equivalents</li> </ul>

Source: USDA Center for Nutrition Policy and Promotion, visit [MyPyramid.gov](http://www.mypyramid.gov) on the Web.  
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